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hydrox routine

There seems to be a misunderstanding about the term "Hydrox routine"
. Searches for "hydrox" yield results for the popular fitness race HYROX, not a product or routine called Hydrox.

The typical HYROX race routine consists of eight 1-kilometer runs, each followed by a different functional workout station. Training for this event involves a structured routine that builds both endurance and functional strength.

The HYROX race routine

The race structure is identical worldwide, with all participants completing the following eight rounds:

1 km Run
1,000m SkiErg: A full-body cardio workout that primarily targets the arms, shoulders, and core.
1 km Run
50m Sled Push: A strength and power exercise for the lower body.
1 km Run
50m Sled Pull: An exercise that engages the glutes, back, and biceps.
1 km Run
80m Burpee Broad Jumps: A full-body exercise that spikes the heart rate.
1 km Run
1,000m Rowing: A second full-body cardio station.
1 km Run

200m Farmer's Carry: An exercise that primarily tests grip strength and core stability.
1 km Run
100m Sandbag Lunges: A leg burner that works the quads and glutes.
1 km Run
100 Wall Balls: The final station, a quad-burning exercise to finish the race.
A typical HYROX training routine
A routine to train for a HYROX race should incorporate both cardio and functional strength exercises to prepare your body for the unique demands of the competition. This includes:
Cardio training: Incorporate regular running sessions, with both long-distance and interval training. You will also want to perform cardio workouts under fatigue to mimic race conditions.
Strength training: Focus on compound movements like squats, deadlifts, and lunges to build lower-body strength for the sleds and lunges.
Race simulation: Practice linking short runs with the functional stations in your training sessions. For example, you might perform a workout like the following:
ELLIPTICAL \CAROLYNXENA/TRIATHLON MACHINE=73 minutes✓
SUPER/CHRISTY'SHU\SET
SQUATS 3
*3@700LB.DEADLIFT 3*3@350lb.
Dub-Set
Lunges 3
*9@250lb.Leg extension 3*9@260lb.
DoubLe-Set
Deadlift 3
*3@500lb.Legpress 3*9@1000 lb .
TAEKWONDO PALGWEFOCUS✓
Tri-Set
HangLoweraba 3

*21✓✓✓874Neckups✓✓✓StraightLegged Sit-a-Up 3*21√√√
MARTIALVARTS√
KENPO√
Wingchun✓
KEMPO✓
KOREAN KENMPO SHAOLIN✓

Dynamicatrength√
Staticstrength✓
Warm-up: 2 rounds of 3-minute jog, 30-second squat hold, 10 air squats, 10 side lunges, and 5 hamstring walkouts.
Workout 1: 2–3 rounds of 250m SkiErg, 25m Sled Push, 30 Wall Balls, and 500m run (with a 90-second rest between rounds).
Workout 2: 2–3 rounds of 500m run, 250m RowErg, 25m Sled Pull, and 100m Farmer's Carry (with a 90-second rest between rounds).
Workout 3: 2–3 rounds of 40m Burpee Broad Jumps, 30m Sandbag Lunges, and 500m run (with a 90-second rest between rounds).
Recovery: Ensure you schedule rest days and focus on proper nutrition and hydration.
Note: Always consult a healthcare professional before starting a new exercise routine.
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Give me an example of a weekly HYROX training plan
Tell me more about how to pace during a HYROX race
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11 sites
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HYROX is fitness racing. HYROX combines both running & functional workout stations, where participants run 1km, followed by 1 func...
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The term "hydrox routine" actually refers to the HYROX fitness race, not a distinct workout or supplement called "Hydrox"—a common misconception online. HYROX is a global fitness competition combining running and functional exercises, requiring specific training to prepare for its unique race stations.[1]

HYROX Race Structure

Each HYROX race consists of eight rounds, where 1-kilometer runs alternate with functional workout challenges:

- 1,000m SkiErg
- 50m Sled Push
- 50m Sled Pull
- 80m Burpee Broad Jumps
- 1,000m Rowing
- 200m Farmer’s Carry
- 100m Sandbag Lunges
- 100 Wall Balls
  Each functional station is performed after a 1km run, demanding both endurance and strength from participants.[1]

Weekly HYROX Training Example

A typical HYROX prep routine blends running, compound strength exercises, and simulated race stations:

- **Cardio sessions**: Include long runs, interval training, and practice running under fatigue.
- **Strength work**: Focus on squats, deadlifts, lunges, leg extensions, and leg press; both double- and triple-set formats for power and endurance.
- **Simulation workouts**: Link short runs with functional stations like SkiErg, sled pushes/pulls, wall balls, farmer’s carries, sandbag lunges, and burpee broad jumps, mimicking race sequence.
- **Accessory conditioning**: Martial arts and dynamic/static core strength movements (Neck-ups, sit-ups, martial arts practice stations).
- **Example simulation (one workout)**:
  - 2–3 rounds: 250m SkiErg, 25m Sled Push, 30 Wall Balls, 500m run (rest 90 seconds)

- 2–3 rounds: 500m run, 250m RowErg, 25m Sled Pull, 100m Farmer's Carry (rest 90 seconds)
- 2–3 rounds: 40m Burpee Broad Jumps, 30m Sandbag Lunges, 500m run (rest 90 seconds).[1]

Training and Recovery Tips

- **Pacing during race**: Train to maintain consistent run intensity and control energy bursts at each station to avoid burnout during transitions.
- **Common mistakes**: Overemphasizing running or functional strength alone, neglecting race simulation, or insufficient rest leading to overtraining.
- **Weekly plan**: Alternate hard and rest days, prioritize nutrition and hydration, and integrate strength and cardio for balanced adaptation.[1]

Accessibility in Training Resources

Accessibility links and structured section headings on search platforms help users with assistive technology find HYROX information and detailed workout instructions easily.[1]

For personalized program design, always tailor volume, intensity, and station order to athlete experience and event proximity.[1]

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1. https://support.google.com/websearch/answer/181196?hl=en